



## **The Challenge - Week 7**

It's time to begin week 7 of the 10 in 10 Challenge. Remember that to lose 1 pound this week you must burn an additional 250 calories per day through additional physical activity, along with consuming 250 calories less per day through better food choices. This week's challenge will help you do just that. Keep up the good work!

For those just joining the 10 in 10 Challenge, please know that **it is never too late to join**. The initial Challenge began on January 15th and runs through March 25th. You will be able to download the previous weeks' e-mails from [inshape.in.gov](http://inshape.in.gov) at the conclusion of the Challenge. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Keep reading to find this week's nutrition and physical activity challenge and get started today!**

### **Weekly Nutrition Challenge #7**



**Eat your veggies - Each day this week, include five to nine fruits and vegetables into your diet.**

Take some time to make a list of those fruits and vegetables that you like and include them in your diet regularly. If there are some that you've never tried – or haven't tried in some time, make the effort to do so. If you don't eat fruits and vegetables regularly, ask yourself why. Most of us find that we like them, but it's something we simply haven't made a habit of doing.

The latest research indicates that fewer than 40% of Americans currently eat the recommended number of servings of fruits and vegetables each day. Studies have shown that fruits and vegetables can help reduce our blood pressure, contribute toward a healthier immune system, and decrease our risk for heart disease, diabetes, stroke, and certain cancers. In addition, individuals who tend to eat regular amounts of fruits and vegetables have less of a risk of being overweight or obese. The latest guidelines recommend that we consume between 5 and 9 servings of fruits and vegetables each day. A serving size is approximately ½ cup. Including one to two servings of a fruit or vegetable at each meal will be a very good start to meeting your requirements. Add a serving or two during snack times and the challenge is met!

### **Weekly Physical Activity Challenge #7**

**Work those abs! - The average person can burn approximately strengthening exercises. Each day this week, dedicate some time to your abdominal muscles.**

Whether you seek muscle definition, better balance, or are simply looking for some variety in your routine, ab exercises can be your friend. While it is not possible to target weight loss to a certain



area of the body such as the belly, one can strengthen those muscles while losing weight to reach your desired results. Strong abs provide the core your body needs to perform every physical activity. Additionally, you will find that your daily activities will become easier. There are many ways you can work your abs. Try some of the following exercises:

- Sit ups
- Bent knee crunches
- Straight leg crunches
- Bicycle crunches
- Leg raises



February is American Heart Awareness Month. Heart disease alone is the leading cause of death for Indiana residents, accounting for 14,618 or 36.0% of all deaths in 2004. The American Heart Association is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke. The American Heart Association is celebrating February 2007 as American Heart Month and promoting education and awareness by encouraging people to learn the warning signs of heart attack and stroke, to adopt healthy behaviors, and to learn CPR as a lifesaving technique.



Heart disease is the number one killer of women and takes thousands Indiana women's lives each year. In keeping with Indiana's commitment to supporting healthy, productive citizens, the First Lady of Indiana and the State Department of Health Office of Women's Health have teamed up to focus on the issue of women's heart disease.

Heart to Heart encourages women to have heart-to-heart conversations about heart disease in order to:

- Increase awareness that heart disease is the number one killer of women
- Empower women to reach out to and support others in living a heart healthy lifestyle
- Educate women on how to live a heart healthy lifestyle
- Provide a collection of resources for more information and support for women

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